

Course Description:

This Physical and Health Education 10 course focuses on the promotion of a healthy lifestyle through behaviours such as goal setting, physical activity, making healthy choices, and maintaining and improving on personal fitness.

Big Ideas of Physical and Health Education 10:

According to the Ministry of Education for British Columbia, PHE 10 graduates will have mastered these points:

- Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our **goals**.
- Trying a variety of **physical activities** can increase the likelihood that we will be active throughout our lives.
- Healthy **choices** influence, and are influenced by, our physical, emotional, and mental well-being.
- Personal **fitness** can be maintained and improved through regular participation in physical activities.

Material Covered:

The course is comprised of the following four main themes:

- Healthy and Active Living
- Physical Literacy
- Social and Community Health
- Mental Well-Being

Resources:

There is no textbook required for this course. Students will require internet access.

Assignments and Projects:

Within each of the units, there are assignments for you to complete and submit to your teacher for marking. Assignments are worth 75% of your final course mark. There is a culminating theme project at the end of each unit with suggested guiding questions for you to investigate or you can negotiate your own topic with your teacher. Be sure to get permission first if you are investigating your own topic! These theme projects are worth 25% of your final course mark.

Assessment:

The level of achievement of the learning outcomes is determined by the student's performance on the assignments and culminating theme projects throughout the course. For the theme projects, there will be a performance rubric that will act as a marking guide for your teacher. At the end of the course, the marks received for your assignments will contribute 75% and your four theme projects and 20-hour Fitness Log Final Project will contribute 25% towards your final mark.

Theme:

The Healthy and Active Living Theme will include topics such as physical literacy and the role of safety, fair play, and leadership in physical activity.

Goal:

The goal of this unit is to learn about Physical Literacy.

Key Concepts:

While completing this unit you will:

- Define physical literacy.
- Learn about fundamental movement skills.
- Learn the proper technique for movement skills.
- Evaluate movement concepts and strategies in different physical activities.

What to Do in this Unit:

- Ask your teacher for the Unit 1 Worksheet.
- Answer the questions on the worksheet and when complete, hand in your work to your teacher for marking.

Goal:

The goal of the Safety, Fair Play, and Leadership unit is to help develop a greater understanding of the importance of these topics within physical education.

Objectives:

While completing this unit you will:

- Show understanding of prevention and treatment of fitness injuries.
- Learn the basic principles for responding to an emergency.
- Research guidelines for proper use of physical activity equipment and facilities.
- Demonstrate a knowledge of the rules for certain activities and the importance of showing respect for teammates and officials.
- Develop an understanding of proper etiquette and self-control when participating in certain activities.
- Demonstrate an understanding of the importance of leadership.

- Start recording your 20-hours of physical activity for your final project.

What to Do in this Unit:

- Ask your teacher for the Unit 2 Worksheet.
- Ask your teacher for the **Fitness Activity Log “Final Project”** and start filling in your activities.
- Answer the questions on the worksheet. Hand the worksheet in to your teacher once complete.

- When you are ready, ask your teacher for the Unit 1-2 Physical Literacy Theme Project.

Theme:

The Healthy and Active Living Theme will include topics such as active living, body image, and the importance of healthy eating habits.

Goal:

The Active Living unit will bring the student's attention to the importance of improving their health through regular physical activity.

Key Concepts:

While completing this unit you will:

- Understand why physical activity is important.
- Assess your own physical activity level.
- Discover different activity types and examples of exercises within them.
- Learn about ways to incorporate more movement into your everyday life.
- Learn ways to monitor and adjust exertion levels.
- Know training principles such as the FITT and SAID principles as well as specificity.
- Create a personal training plan with SMART goals.

What to Do in this Unit:

- Ask your teacher for the Unit 3 Worksheet.
- For this unit, you will use the internet to access a wide range of websites and other online resources to help you complete the required tasks.

Goal:

The goal of the Healthy Habits unit is to learn how to change their behaviour to include healthier eating choices and a healthier lifestyle.

Key Concepts:

While completing this unit you will:

- Analyze influences on eating habits such as peers, family, media.
- Research common foods and drinks and analyze their health benefits.
- Create a positive, realistic image of self.
- Consider female ideals throughout history and the media's influence on our self-image.
- Consider the media's influence on eating disorders and body image.

What to Do in this Unit:

- Ask your teacher for the Unit 4 Worksheet.
- Answer the questions on the worksheet and when complete, hand the work to your teacher for marking.

- When you are ready, ask your teacher for the Unit 3-4 Healthy and Active Living Theme Project.

Theme:

The Social and Community Health Theme will include topics such as unsafe situations and the consequences of bullying, stereotyping, and discrimination.

Goal:

The goal of the Unsafe Situations unit is to learn about the potential unsafe or exploitative situations one might face and how to respond to those types of situations.

Key Concepts:

While completing this unit you will:

- Discover strategies to protect yourself and others from abuse, harm, and exploitation.
- Learn how to avoid and respond to potentially harmful situations.
- Analyze the risks of technology and the impacts of sexual interactions online.

What to Do in this Unit:

- Ask your teacher for the Unit 5 Worksheet.
- Answer the questions on the worksheet. Hand the worksheet in to your teacher once complete.

Goal:

The goal of this unit is to learn about and discuss the consequences of Bullying, Stereotyping, and Discrimination.

Objectives:

While completing this unit you will:

- Define bullying.
- Define stereotyping.
- Define discrimination.
- Analyze strategies for responding to these types of situations.
- Learn about the consequences of the above actions.

What to Do in this Unit:

- Ask your teacher for the Unit 6 Worksheet.
- Answer the questions on the worksheet in as much detail as possible and hand in to your teacher once complete.

Goal:

The goal of the Healthy Relationships unit is to learn how to develop and maintain a healthy relationship and learn how and where to find reliable health information.

Objectives:

While completing this unit you will:

- Discover what a “Healthy Relationship” means.
- Develop skills for maintaining healthy relationships and responding to interpersonal conflict.
- Learn about healthy sexual decision making.
- Evaluate potential short and long-term consequences of health decisions.
- Research sources of health information both in your community and online.
- Research sources of health information and consider their trustworthiness.

What to Do in this Unit:

- Ask your teacher for the Unit 7 Worksheet.
- Answer the questions on the worksheet in as much detail as possible and hand in to your teacher once complete.

- When you are ready, ask your teacher for the Unit 5-7 Social and Community Health Theme Project.

Theme:

The Mental Health Theme will include topics such as good decision making, mental well-being and substance use, and managing the changes associated with puberty and adolescence.

Goal:

The goal of the Making Good Decisions unit is to have students develop the skills they need to help them make good decisions when it comes to their own physical and mental health.

Objectives:

While completing this unit you will:

- Evaluate the steps necessary for making good decisions.
- Determine the consequences of your decisions.
- Evaluate a case study to determine an appropriate good decision for a given scenario.
- Investigate strategies for the self-motivation.
- Learn about SMART goals and create your own.

What to Do in this Unit:

- Ask your teacher for the Unit 8 Worksheet.
- Answer all questions on the worksheet with as much detail as possible and hand in the worksheet once complete.

Goal:

The goal of the Mental Well-Being and Substance Use unit is to learn about the correlation between mental well-being and substance use.

Objectives:

While completing this unit you will:

- Learn about the signs and symptoms of stress, anxiety, and depression.
- Explore factors contributing to substance use.
- Research addiction and addictive behaviors.
- Research the physical, emotional and social aspects of substance use.
- Describe ways to manage problems related to mental health and substance use.
- Describe the relationship between physical activities, mental well-being, and overall health.

What to Do in this Unit:

- Ask your teacher for the Unit 9 Worksheet.
- Answer all questions on the worksheet with as much detail as possible and hand in the worksheet once complete.

Goal:

The goal of the Managing the Changes unit is to learn about the influences of physical, emotional, and social changes on identities and relationships.

Objectives:

While completing this unit you will:

- Explore the effect of puberty and adolescence on identity.
- Describe the impact of transition and change on identities.
- Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence.

What to Do for this Unit:

- Ask your teacher for the Unit 10 Worksheet.
- Answer all questions on the worksheet with as much detail as possible and hand in the worksheet once complete
- When you are ready, ask your teacher for the Unit 8-10 Mental Health Theme Project. Once complete, hand it in to your teacher for marking.
- **Final Project:** Complete and hand in your 20-hour Fitness Log Final Project.

Congratulations, you have completed PHE 10!